

## A study on changes in life satisfaction among transsexuals in Rasht

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### Abstract

The phenomenon of sex change through surgery and life satisfaction is category associated with a change of identity and emotion of satisfaction identity. The purpose of the study is to identify changes in life satisfaction of transgendered people in the city of Rasht. The research method is an ethnographic study. The study population included all transgendered people in Rasht between the years 2008-2012 that have been undergoing the sex changes. All of the cases are held in the center for crisis management and based on the statistical numbers, there are 29 person in Rasht city. Five individuals were selected as the statistical sample. Research data were collected through surveys records documenting conducted before the operation and use of in-depth interviews (semi-structured interviews) after gender reassignment surgery. After classifying the data into categories and highlighting words, we investigated the factors affecting the formation of each category and then described the logical structure having the integration between data and determining its implications for the interpretation of data obtained through the interplay between the various stages of the research. Finally, the data concluded by using inductive analysis. Research findings indicate that the sex-changing messages are: Sense of community, a sense of a better life, a sense of freedom, a sense of value /importance, feeling alone, feeling a lack of confidence /no confidence, a sense of job insecurity, and a sense of belonging and differentiation. The findings showed that family and social support and financial resources affects on life satisfaction among transsexuals.

**Keywords:** sex, life satisfaction, sexual identity, family, social support and financial resources

### Introduction

Sexual identity includes person's feeling and perception about the fact that if he/ she is a man or a woman and all thoughts and feelings and behaviors related to sexual satisfaction (Raeesi and Nasehi, 2004). But, sometimes this satisfaction challenged and the person feels disorder in his/her identity. This affectionate part of disorder in sexual identity named sexual sadness which could be defined as dissatisfaction related to biologic sex, willingness to opposed sex and want to be as a part of opposed sex ( Capelan ans Sedak, 2003).

The sense about our sexuality is very important and this is the same feeling that in sexuality inversion, always want to acquire external and anatomic properties of opposed sex. These persons consider themselves as another creature who have captivated in the prison of opposed sex body. They usually hate their genital organs and the imagination that they should stay in their body all life long made them sad, unhappy, disappointed and angry. Depression of these patients is the cause of their suicide as the only way to be free of such dissatisfaction.

Confusion in sexual identity cause turbulence and confounding in sexual role and behavior and then affects social and interpersonal relations and cause deviational behaviors and personality disorder (Kochakian, 2006). All these items change the rate of life satisfaction in the person. Many of these people do sex change operation against all the problems in order to their soul will be placed in their real body. Many of transsexualist persons considered this operation as the best way of being free of the existed condition and they do that with all problems and difficulties, but if transsexual

operation meets their needs singly? Now, the questions are: is it a suitable solution for curing transsexual persons? Is doing transsexual operation made them satisfied in different aspects of the life and improve their condition relative to the past?

Satisfaction sense of life aspects is one of the positive insights of the person relative to the world they live in. Life satisfaction has close but complex relation with the values and the criteria which people evaluate mental understanding of happiness based on it are different. Experience of happiness and satisfaction from life is the superior goal of the life and sadness and unhappiness feelings are often considered as an obstacle in doing person duties. Life satisfaction is the reflection of personal wishes and his/her current status. In the other words, the greater gap between person wishes and his/her objective status, the lower his/her satisfaction (Zakki, 2006).

It is clear that in our society with negative insights about persons with sexual disorders, especially transsexual persons and loss of suitable cultural and social context, often these persons are in disorganized conditions and loss of mental-social cares and family support decrease the chance of cure after sex change operation. Based on this, sex change operation is not sufficient singly and there needs social consulting for their definite cure. It seems that different factors play main role in patients' compatibility with new conditions such as economic condition, satisfaction from inter-personal relations, existence of current supportive systems, sexual partner, and satisfaction from sexual life, suitable reaction of the family, and doing extra surgeries (Razaghian et.al; 2008).

Worthy point is that in Islam religion transsexuality is not guilt and crime and surgery for transsexuality is legal in Iran (Karimi Nia, 2000). But, public has doubt and suspicion about the phenomenon and it shows that society cultural regime didn't move coincidentally with legal and judicial regime and there is a gap. This condition caused social unacceptance of transsexualists and finally caused their social capital weakness. It seems that all these issues affect rate of life satisfaction strongly, so in this research we want to identify their life satisfaction by comparing the satisfaction from the life before and after the surgery and show the effective factors on their satisfaction.

Sex change phenomenon by surgery and life satisfaction is related issues with identity change and satisfaction feeling about new identity. In the identity change context by physical control Antoni Gidenz considered it as the phenomena of modern society and believed that modern period is selections period, while in the past societies selection and selectionism were cancelled in the most affairs. Physical discipline has inherent relation with social competency of active person. Regular body control is one of the devices which support certain narrative of personal identity and meanwhile "self" mood stay more and less constant relative to others' "watching" narrative (Gidenz, 2006). Therefore, satisfaction is the result of person success in selecting suitable identity.

### **Research objectives**

General objective: description and understanding the change in life satisfaction of transsexual persons in Rasht city.

Secondary objectives:

- Describing sent messages from transsexuality for sex changed persons
- Describing satisfaction components from new sexual identity after transsexual operation
- Describing family role in life satisfaction of sex changed persons
- Describing the role of social interactions in life satisfaction of sex changed persons
- Describing the role of financial resources in life satisfaction of sex changed persons

### **Research questions**

Question 1: How is the life satisfaction of sex changed persons after transsexuality operation?

Question 2: Which message does transsexuality send for sex changed persons?

Questions 3: What is the role of components of satisfaction from new sexual identity after sex change operation?

Questions 4: What is the role of family in life satisfaction of sex changed persons after the operation?

Questions 5: What is the role of social interaction in life satisfaction of sex changed persons after the operation?

Questions 6: What is the role of financial resources in life satisfaction of sex changed persons after the operation?

### **Life satisfaction**

#### ***Principles and concepts of life satisfaction***

Rate of life satisfaction is one of the indices of mental health. The aim of life satisfaction is person insight, general evaluation about their own lives generality, or some of life aspects, such as family life and educational experience (Dinner et al, 1999). Life satisfaction is one's human reaction in social and individual life and it is defined as general evaluation of the person from life. Dinner et al. have defined life satisfaction as personal judgment from happiness, welfare and life quality based on selected criteria of each person (Ghelilo et al, 2012). Experimental evidence shows that life satisfaction has three aspects of satisfaction from the past, current and future life. Positive and optimistic insight about the future leads to better confronting with stressful current situations. Lazarous et al. showed that hopeful and optimistic insight in measuring life satisfaction factor is suitable and beneficial (Vahedi and Eskandari, 2010). Past experiences of the life, satisfactions and dissatisfactions experienced by people in the early stages of the life could be different from their latter experiences and could have some outcomes for person's health and illness. Successes and failures histories are reflected in doing current and future social – mental duties of the person and affect his/her reality in the context of hope and integrity sense. Therefore, it affects people physical and mental health (Vahedi and Eskandari, 2010).

Theoretical literature about life satisfaction is very rich and several theorists handle the subject. In explaining this concept we have used theoretic frames such as need theories and ideas, relative privation, Luin field, injustice sense, exchange and mutual action.

#### ***Cognitive – behavioral approach and life satisfaction***

As mentioned previously, life satisfaction forms the cognitive aspect of mental welfare. When person's evaluation was positive from his/her life, he/she is satisfied from his/her life and this thought leads to create positive motivation in him/her. Cognitive behavioral approach handles with positive and welfare mental affairs, in addition to emphasizing on decreasing negative thoughts and motivations. Mental welfare issue is quiet compatible with cognitive behavioral approach. A cognitive behavioral therapist use different strategies to decrease mental damage and increase mental welfare. Different strategies of this approach such as cognitive reconstruction, courage training, problem solving training, and increase various skills all improve mental welfare and life satisfaction (Auto et al, 2011). Based on this we could say that life satisfaction is one foresight factors of mental health and attract significant attention of researchers (Pavet et al, 1998). Life satisfaction is one of the internal welfare components includes person insight, general evaluation of him about his life generality or other aspects of the life, such as family life and educational experience (Dinner et al, 1999). According to this definition, self evaluation could be in cognitive

form (informed judgment about life aspects) or in emotional form (experience of desirable and undesirable motivation and moods in their life). So that if a person was satisfied in his/her life and experience the joy and sometimes experience excitements such as sadness and anger, his/her internal welfare will be increased. In contrast, if he/she was not satisfied and experience little joy and interest and most times he/she feel negative excitement such as anger and stress, he/she has low internal welfare (Mozaffari and Hadifar, 2003). Therefore, life satisfaction is not considered as an internal and permanent property, but it is sensitive to environmental changes and person insight about his/her welfare is very important.

For discussing about life satisfaction, first, we need to determine its conceptual space. Regarding related literature it could be perceived that the most meaningful proximity is between this word with happiness or joy although these two are not synonyms, so that correlation coefficient between these two concepts in measurement studies of world values is only 44% (Veenhoven, 2000). If according to some psychologists, we separate emotional and cognitive aspects of human behaviors, we could say that happiness and joy sense in humans has two dimensions:

a) Emotional dimension: this dimension includes direct and immediate joy and cheer that person may have no reason for it. The most important properties of this type of feeling is its transiency. In this type, Jeremy Bentam believes that happiness is the result of joys and pains which lead to emotional balance or in the other words happiness based on joyful events (Izenic, 1999).

b) Cognitive dimension: in this dimension some definitions are suggested that are based on person's valuation and general thought. Namely type of joy and happiness which is deep and original and formed based on some reasons in the human which he/she have reasons for them and informed of them and positively evaluated them. Petrick has defined this type of happiness equivalent with life satisfaction and stated: satisfaction and pleasure means deep and original happiness. The mood which does not decrease to freshness or especial joy. Ancient Greek consider it equivalent with eudemonia means goodness and good act (Izinick, 1999). In all of these definitions life satisfaction criterion is individual mentality. It means that mentally the person how much feel harmony between life reality and his/her ideals. Therefore, it considers the life satisfaction as the reflection of the balance between person wishes and his/her current condition (Rabbani and Beheshti, 2011).

### **Principles and concepts of sex change**

From lexical point of view, transsexuality is that person's sex changed completely to the other one and it is changing the physical and biological sexual properties using surgery and hormone for resembling them to opposed sex properties. But in a greater concept, transsexuality includes transsexuality in animals or plants too; although usually this word points to surgery and converting a male to a female or a female to a male. In fact transsexuality is a word which have used for curing sexuality transformation and in medical norm it just points to genital organ surgery (Sanaee and Fasihi Zadeh, 2012). Nevertheless, transsexuality discussion is a new phenomenon and has not long history. In addition, in the recent decades, it is possible to change the sexuality by surgery and by means of that some people have changed their sexuality and have become matched with their sexual tendencies: sexless (bisexual), people who have hidden sexuality and also people who their sexual properties are in contrast with their external personality who medically named transsexual (Ghorbani et.al, 2011).

In sociological studies, social actor compatibility with their social roles was emphasized and formal and informal entities of society were focused on this subject. While most of people have appropriate behaviors and tendencies relative to physiological sexuality but there are some persons among them who their sexual behaviors are not in harmony with their physical sexuality. For

example, it may be a person with female sexuality and complete fertility power who hate her sexuality and has some tendencies for showing behaviors and tendencies of opposed sex (Khodayari Fard, 2003). In scientific texts, transsexuality word was used for such situation. This term was translated to different words such as sexual dissatisfaction, sex change, mental sex change, sexual conversion, wish to be other sex. Although the number of dissatisfied people from their sexuality is lower than other disease and disorders, since this condition affect personal, behavioral and social compatibility regime and could be converted to identity crisis, it is worthy to be studied from sociological point of view. In Iran, the subject of sexual dissatisfaction and tendency to sex change is an unknown subject not only for public but also for academics and social practitioners. Also, we could point to the fact that usually we see several variables in family intra-relations space and early conditions of growth when affected person seek medical advice which make them distinct. This distinction enforces the assumption that frame of child early growth and relations could create a quality which leads to sexual identity disorder. In such disorder, there involved different factors from etiology aspect. From biological – mental factors, we could mention the most important effective factors on forming this disorder such as prenatal stress, genetic and harmonic disorders, nervous problems and related problems to central nervous system. Frequency percentage of such people in normal population is 1/1000 in males and 1/3000 in females (Raeesi and Nasehi, 2004).

Physiognomy is not certain about these persons and we could not distinguish them merely from their face and appearance. Although appearance of some of them may be indicative of a particular property in them, any judgment based on their appearance may mistake us and encounter us with difficulty in therapy. Definite therapy of this disorder is sex change surgery which is an expensive and difficult operation, meanwhile since it is impossible to create internal sexual organs and sexual glands, just the appearance of sexual organs are changed, but with this method their physics and spirits were matched and in the most cases it is accompanied with improving mental signs. Although it should not be neglected that definite and permanent cure of this disease is not clear and certain in spite of therapy by sex change surgery, behavioral therapy and changing life environment of them should be considered. This disorder affects personal and behavioral regime and finally affect their compatibility. The first problem in the families is that because of cultural, social, political and economic views, they do not accept the subject. Fear of proverbial, being defamed in the family and locality, losing trust feeling and acceptability lead to the fact that the family resist against their wishes. Personality disorders are more common in males than females (Javaheri and Koochakian, 2006). Sex change has different forms and types which are mentioned bellow.

### ***Types of sex change***

Generally, we could consider the sex change as five types:

Sex change of healthy and complete persons, that the person belong completely to one of two groups of male or female and has no biological problem, or he/she does not see any properties of oppose sex mental and spiritual traits. In this assumption, surgery was done on the person who has one of the genital organ and is male or female and there is no imperfection in his/her genital organ. But surgery was done in order to the person exit from one of two sexes and join to the other sex (if it is be possible). Based on sex changed statistics, this type is very rare and physicians have not replied positively to their wished and have not changed their sexuality.

Sexless or bisexual sex changes which formed the most cases. In this type, surgery was done on a person having both genital organs of male and female. With this surgery, one of the organs was removed in order to the other grow and the person could be able to perform his/her duties. This group is first and most people who do the surgery because of some biological and mental – spiritual problems.



Sex change of abolished persons and who has no female or male genital organs: It has said that this type, in the process of sex change converted to female probably because of operation ease or any other cause.

Organic sex change: in ill persons who have homosexual tendencies which are of controversial samples of this process.

Sex change of deficient people for discovering complete sexuality of them: this sexual process is considered in persons who have the hidden signs of one sexual group. But, discovering his/her sexual integrity requires surgery and distinguishing and showing real manliness and womanliness signs in them. This skin was remover by surgery in order to eliminate the sexual deficit and his/her real organ displayed (Hashemi, 2011).

### ***Transsexualism concept***

Sometimes there are men who display womanish moves and behaviors and there are women who have manly moves and behaviors. They are ill persons who are affected by a mental disorder named sexual identity disorder.

Transsexualism is a type of sexual identity disorder that classified in mental disease, so that in this disorder the person is dissatisfied from his/her structure and he/she wants to join to opposed sex, while they have no physical problem and have certain sexuality but mentally he/she does not accept his/her sexuality and is dissatisfied from his/hers. Therefore, they try to reach to their wish means converting to the other sexuality. These sexual dissatisfied persons in their words from childhood felt that they have been in fault body. In spite that they know that they belong to the same sexual group but feel significant differences. Most of them before adolescence hate their sexual condition and their main wish is joining to opposed sexual group and this permanent mental occupation affect all their activities and converted to main axis of their ideology.

### ***Sex change and life satisfaction***

Judgment about this case that transsexualism is a mental disease, identity disorder, deviation, or a normal behavior is a controversial subject because this situation is affected by biological condition and environmental factors. Transsexualism whether stay in the mind or lead to complete sex change, has significant outcomes. Therefore, it changes the route of people life. So “sex change surgery considered a type of sexual migration from falsified body”(Javaheri and Hossein Zadeh, 2011). Because deep change in body form affects on people body mentality and their feeling about themselves. “when transsexualist persons reconstruct, decorate and reform their body, they change feeling regime, roles sets and rate of supervision on them” (Jonson, 2007). So for these persons social support play a vital role. Social support is defined as a support which he/she receive from family, friends, organizations and other persons. It has positive effects and increases their psychological dynamics and helps them in emotional, cognitive and physical aspects. (Gulacti, 2010). Researches show that some people has permanent mental occupation about their appearance and in spite of their normal appearance report extra fear about their ugliness or unattractiveness (Bellino et. al, 2006). It seems that people who have good feeling about themselves also have desirable feeling about their life (Asgari and Shabaki, 2010). In fact, positive imagination from one physic, leads to self-esteem feeling about themselves and mental imagination which have changed lead to some changes in self-esteem sense (Noghani et. al, 2006). With regard to uncertainty of common roles and expectations among men and women it is not wonderful that researches in the context of sexual role orientation have interpretation in the field of physical image (Davis et.al, 1996). And, this subject is tied to life satisfaction which is a field of positivism psychology, the field which try to study cognitive and emotional evaluations of people from their life (Loughlin and Huebner, 2001).

While life satisfaction has some results in mental health of people, it is affected by different factors. Evaluation of each person from his/her status in the life is affected by cultural context, value regime, goals, expectations and his/ her criteria. In the other words, dominated values of a society determine the important subject of the society in order to be glad when reach them (Sheikh Al Eslami, 2011). Indeed life satisfaction reflects the gap between person's ideals and his/her current situation and the more this gap the lower the satisfaction (Zakki, 2007). Lyubomirsky believes that people who have higher satisfaction use more effective and suitable confronting methods, experience deeper positive feeling and have higher general health (Lyubomirsky et. al, 2005).

### **Research methodology**

Selected society for present research are all sex changed persons in Rasht city who had surgery during 2008-2012 and have files in welfare crisis management center of Rasht city who are 29 persons based on statistic of welfare crisis management center of Rasht city. The available society formed 5 persons from sex change ones. The reason of availability is their readiness with coordination of welfare center. Because of their readiness entering to research field and data collection were facilitated. With regard to special condition of statistical society of research, welfare center did not provide us with persons' characteristics and it did coordination affairs and acquired consent. On one hand, because these persons did not want to participate and the center could acquire the consent of just 5 persons and participate in this research, the number of samples were 5.

The instrument for data collection in the present research were the recorded documents before the surgery and using deep interview after the surgery. In this type of interview, questions were predesigned and the goal is to acquire deep information from interviewee. This method flexibly adjusts the questions based on subject answers. In semi-organized interview, each answer study with evaluation questions and asked the subject with "why" questions to explain their answers more (Sarmad et al, 2010, p.151). In fact, these interviews have done with general and main questions and during the interview the people were allowed to speak freely about their preferences. During interview, depending on participant's condition and his/her experiences, interview direct to the direction to answer research question. Therefore, we could call them interview with general direction. In the current research, the researcher was classified the data with putting next to each other the phrases which have overlap with each other in analysis early level. After data classification, they were categorized and outstand the phrases, and then they have studied the effective factors of each issue and then described the legal structures of them and interpreted the implicit meaning of them by mutual effect between received data from different stages of the research.

### ***Statistical population and sample***

The statistical population for present study is all sex changed persons in Rasht city who were changed their sexuality during 2008-2012 and have files in welfare crisis management center of Rash city which are 29 persons based on the statistics of welfare crisis management center of Rasht city. And available society is 5 persons. Cause of their availability is themselves' readiness for coordination with welfare center. Persons readiness facilitate entering research field and collecting needed data for the researchers. With regard to special condition of research statistical society, welfare center did not provide their characteristics and it performed coordination affairs and acquired their consent. On the other hand, because most of them did not want to participate the center could acquire the consent of only 5 persons, the research statistical sample is 5.

### ***Instruments of the study***

The instrument used for data collection in the present research were the study of recoded documents and evidences before the surgery and using deep interviews (semi-organized interviews) after sex change.

### ***Data analysis method***

For data collection, the Strauss and Corbin coding methods were used. For this purpose, the data were divided into small separate parts and then by studying similarities, differences and some questions about phenomena we have opened the way for more discoveries and finally by communicating issues, we have related the information in a new way and categorized the data in higher level (Strauss & Corbin).

In the present research, the researcher has categorized the data by putting the phrases next to each other which have overlap in the first level of analysis. After data categorization he handled with phrases classification, then he has studied the effective factors of each issue formation and then he has described their logical structures and by determining the correlation between data he interpreted their implicit meaning using mutual effect between data from different research stages.

### ***Data analysis***

#### ***Personal characteristics of interviewees***

**Table 1: Personal characteristics of interviewees**

Person	Female to male	Male to female	Time after surgery
1		✓	6 years
2	✓		6 months
3	✓		9 months
4	✓		1 year
5	✓		8 months

### ***First case of sex change***

The first case has done surgery 6 years ago and changed his sex to female. He has informed of his problem since 9 years old and he was under medical cure and care until 19 years old.

**Table 2: Results of interview analysis of the first case**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Sexual identity	Face appearance, genital organ, breast; Voice tone; Cover and makeup	Peace; Self confidence; Responsibility
2	Better sense of life	Consult meetings; Spouse accompaniment; Friends perception; Safe funs; Satisfaction from sexual relation	Responsibility : effort; Honour; Peace
3	Sense of occupational unsafe	Family culture and space; Social culture and entities; People insight	Disturbed and depressed; Rejected from society; Financial dependence
4	Respect/self respect sense	Family interactions; Friends and coevals interactions	Motivation: effort; More attendance in the society
5	Coordination / participation sense	Interactions; Shared space in the home and environment	Familiarity: experience acquirement; Familiarity: being intimate; Group activities; Intimacy
6	Belonging sense	Sexuality specification; Participate in related affair to sexuality; Interaction flexibility (interaction in open environment or in the home)	Interest: responsibility; Prejudice; Participation



***The second case of sex change***

The second case has done surgery 6 months ago and has changed her sexuality to male. She was born in 1984 and has informed of her problem since childhood and has had file since 18 years old in welfare center.

**Table 3: Results of interview analysis of the second case**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Acquiring new identity	-Face appearance, genital organ, ... - Voice tone - Cover and makeup	- Peace - Self confidence - Responsibility
2	Better sense of life	- Friends perception - Safe funs - Satisfaction from sexual relation - Hope to future	- Responsibility - Effort - Honour - Peace - Success acquirement
3	Distinction sense	- Sexuality scale - Sexual and social Events and activities	Motivation : effort
4	Belonging sense	- Sexuality specification - Participating in related affair to sexuality (marriage)	- Interest : responsibility - participation

***Third case of sex change***

The Third case has done surgery 9 months ago and has changed from female to male. She has informed of her problem since 6-7 years old.

**Table 4: Results of interview analysis of third case**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Being introducer	- external introducer signs - activity introducer signs	curious; motivation; sensitivity to various matters
2	Freedom sense	- Physical properties, opportunities, availability to interactions - Special sexuality - placement sexuality	- responsibility : effort - honour
3	Loneliness sense	- Insufficient perception by the family (not financial support, not perception from sexual condition, ...) - Insufficient financial support by welfare center - Not perception by the other entities (hospital, ...)	- Depression - Seclusion - Suicide and corruption
4	Distrust sense/unreliability	- Events ( attitude style, occupation, education, ...) - Friends unreliability - Social entities' unreliability (red excuse card, ...) - Social and personal entities distrust	- Valueless sense - Emptiness sense - Confusion sense

***The fourth case of sex change***

The fourth case has done surgery one year ago and has change from female to male. She has informed of her problem since childhood.

**Table 5: Results of interview analysis of fourth case**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Sexual identity	- Face appearance, genital organ, ... - Voice tone - Cover and makeup	- Peace - Self confidence - Responsibility
2	Sense of acquiring new identity	- Family interactions - Friends and coevals' interactions	- Motivation : effort - More participation in the society
3	Sense of occupational unsafe	- Family culture and space - Social culture and entities - People insight	- Disturbed and depressed - Rejected from society - Financial dependence
4	Sense of belonging	- Sexual specification - Participating in related affairs to sexuality	- Interest : responsibility - participation

***Fifth case of sex change***

The fifth case has done surgery 8 months age and has changed from female to male. She has informed of her problem since 6 years old.

**Table 6: Results of interview analysis of fifth case**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Sexual identity	Face appearance, genital organ, breast; Voice tone; Cover and makeup	Peace; Self confidence;- Responsibility
2	Sense of being introducer	Events; External form; Sexuality scale	Motivation; Self confidence
3	Sense of better life	Friends perception; Safe funs; Hope to be satisfied from sexual relation	Responsibility : effort; Honour; Peace
4	Value / importance sense	Sexual opportunities; Social opportunities	Sense belonging; More participation in the society
5	Sense of respect/ self respect	Family interaction; Friends and coevals' interactions	Motivation : effort; More participation in the society
6	Sense of trust/ confidence	- Events (attitude style, occupation, education, ...)	Sense of being valuable; Distinction sense; Self respect sense
7	Sense of coordination / participation	Interactions; Shared space in the home and environment	Familiarity : experience acquirement; Group activities; Intimacy
8	Sense of distinction	Sexuality scale; Sexual and social events and activities; Interactions style	Motivation : effort; Responsibility; Acculturation
9	Sense of belonging	Sexual specification; Participating in related affairs to sexuality; Interaction flexibility	Interest : responsibility; Prejudice; participation

### Discussion and conclusion

The first question: which message does the sex change send for sex changed persons? Research findings include eight messages from sex changed people which are analyzed in the below:

**Table 7: Results of messages from sex change**

Row	Received message from sex change	Characteristics forming considered message	Result/effect
1	Sense of sexual identity	- face appearance, genital organ and apparatus, breast, ...	- peace - self confidence - responsibility
2	Sense of better life	- consulting meetings - spouse accompaniment - friends perception - safe funs - satisfaction from sexual relation - being hopeful to future	- responsibility : effort - honor - peace - success acquirement
3	Sense of belonging and distinction	- sexuality specification - participating in related affairs to sexuality (marriage and sexual factor) - interaction flexibility (interaction in open environment or in the home)	- Interest : responsibility - Prejudice - Participation
4	Sense of freedom	- Physical properties, opportunities, interactions availability - Special sexuality - Placement sexuality	- Responsibility : effort - Honour
5	Sense of value / importance	- Sexual opportunities - Social opportunities	- Sense of belonging - More participation in the society
6	Sense of solitude	- Insufficient perception by the family - Insufficient support by the welfare center - Not perception of the other entities (hospital, ...)	- Depression - Seclusion - Suicide and corruption
7	Sense of distrust / unreliability	- Events (attitude, occupation, education, ...) - Friends distrust - Social entities' distrust (red excuse card, ...) - Distrust of social and personal entities	- Valueless sense - Emptiness sense - Confusion sense
8	Sense of occupational unsafe	- Family culture and space - Social culture and entities - People insight	- Disturbed and depressed - Rejected from society - Financial dependence

### *Family and life satisfaction*

Based on the important role of family in people life satisfaction, we want to study the question "How is the role of family in life satisfaction of transsexual persons?"

Research findings showed that the family play very important and vital role in life satisfaction of such persons. But, because of dominant culture and space in family and society, they do not play it appropriately.

Happiness and joy experience is of superior goals of the life and sadness and dissatisfaction are considered as the barriers towards duty performance. Life satisfaction reflects the balance between personal wishes and his/her current situation. In the other words, the greater the gap between person's wishes and his/her exact situation, the lower his/her satisfaction (Zakki, 2006). It is certain that in our society because of negative perception about persons' who are affected by sexual disorders, specially transsexual persons and because of loss of appropriate cultural and social beds, often such persons have disrupted conditions and loss of mental – social cares and even family supports, chance of improvement after surgery became low and lower. Based on this fact, sex change surgery is not sufficient per se and social consulting seemed to be necessary for definite cure. It seems that various factors have significant role in patients' compatibility with new situation include economic condition, satisfaction from inter-personal relations, existence of current supportive system, sexual partner, satisfaction from sexual life, suitable reaction of the family, and possibility of doing extra surgeries.

#### ***Social interactions and support and life satisfaction***

From research participant point of view after sex change surgery, persons need social interactions to being in the society and adopt responsibility. hile life satisfaction have outcomes in mental health of persons, it also affected by different factors. Evaluation of each person from his/her life status affected by cultural text, value regime, goals, his/her expectation and criteria (Camfield Skevington, 2008).

#### ***Financial resources and life satisfaction***

When cultural regime of the society provides the patterns that economic regime could not meet the goals in its patterns' frame, its result is failure in meeting the needs which leads to dissatisfaction.

Research findings showed that financial resources are very important for doing sex change surgery and they are also needed after surgery.

Life satisfaction indicates positive insight of the person about the world he /she live in and indeed it is the same satisfaction sense which spends long time to reach it. It is the philosophy which he/she selected consciously for his/her life and have it unconsciously in his/her mind (Kharazmi, 2007 ).

#### ***Comparison of statistical samples***

**Table 8: Comparison of statistical samples**

Row	Received message from sex change	First case	Second case	Third case	Fourth case	Fifth case
1	Sense of sexual identity	✓	✓	✓	✓	✓
2	Sense of better life	✓	✓			✓
3	Sense of belonging and distinction	✓	✓		✓	✓
4	Sense of freedom			✓		
5	Sense of value/importance	✓				✓
6	Sense of solitude			✓		
7	Sense of distrust/unreliability			✓		
8	Sense of occupational unsafe	✓			✓	

### Recommendations of the study

Based on research process and obtained results, the following suggestions are raised:

- Conceptualism and theoretical researches about sex change and factors which convert culture of family and society to desired family and culture for supporting such persons;
- Studying the performed researches in the other countries regarding transsexuals and governmental and private entities' reactions with them;
- Evaluation of current country culture for discovering their strengths and weakness points regarding transsexual persons and providing practical strategies;
- Doing field studies regarding transferred messages from sex change, effect of each transferred messages from sex change and their effects on transsexual persons' performance and experiences;

Also, the following practical recommendations are suggested:

- Informing the families and peoples by means of mass media;
- Providing appropriate opportunities and facilities for sex change of transsexual persons in accordance with their characteristics and needs;
- Trust of governmental and private organizations to these persons and leaving responsibilities to them;
- More financial and emotional support of welfare centers;
- Creating the possibilities of transsexual persons in doing social and cultural affairs;
- Creating the possibility of higher education;
- Creating the situation for employment in the organizations

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